

# Social Distancing

## Keep yourself and Your Community Safe from COVID-19

### We are all in this together!

#### What is COVID-19?

COVID-19 is a new respiratory disease caused by a virus carried in droplets from the nose and mouth of an infected person that causes flu-like symptoms and difficulty breathing. Right now, there is no cure and no vaccine. The virus is easily transmitted between people, and the community-wide spread of COVID-19 is now occurring in the United States, including New York and Rockland County, where the number of infections increases daily. Approximately 8 in 10 people with the infection will experience mild to moderate illness and recover at home with no complications. The length of time to recover varies. About 2 in 10 people with the infection will develop serious illness needing medical attention.

People are at greater risk of developing life-threatening complications from COVID-19 if they are over age 60 and particularly over age 80, have poor immune systems (immunocompromised), or have underlying health issues and conditions such as lung disease, heart disease, and diabetes.

If a person is sick with a confirmed case of COVID-19 or has symptoms, they must stay home and limit contact with others, including people in their household, as much as possible. If medical care is needed, contact your doctor or clinic before arriving.

#### How to prevent infection with social distancing

Social distancing and personal hygiene (washing hands frequently for 20 seconds, covering your cough and sneezes, not touching your eyes, nose, or mouth with unwashed hands, not sharing personal items) are the best ways to reduce your risk of getting the infection and spreading it to others. When people stay at home, interact with fewer people, and increase the physical distance between themselves and others, the virus has fewer opportunities to spread.

#### Keep your distance

- **Stay at home unless you must go to work, seek medical care or get groceries**
- Avoid crowds and large gatherings such as theaters, sporting events, and social functions.
- Keep a distance of 6 feet (2 meters) between yourself and other people when at gatherings and in public.
- Avoid shaking hands to prevent spreading germs. Use an elbow bump or wave instead.

#### Suggestions

- Shop during the store's earlier or later hours to avoid crowds.
- When using public transportation, try to ride at non-peak hours. On subways or buses, stand/sit as far away from other people as possible.
- Use social media and video conferencing to "visit" and meet with friends, family, and co-workers
- To socialize, especially for families with children, consider spending time with another household with whom you agree to reduce all outside contact.

